

I Know...

*...the **difference** between good fat and bad fat.*

*...about two kinds of **vegetarianism**.*

*...what **vitamin B6** does.*

*...what my **BMI** is.*

**...how to
eat right!**

I Know because of...

girlshealth.gov
Be Healthy. Be Happy. Be You. Beautiful.



U.S. Department of Health and Human Services,
Office on Women's Health

